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North Idaho

Medical Reserve Corps

May 2010

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Hello from your Unit Coordinator!

As I write this in mid-May, I reflect that today I should have been in a classroom in Nashville, at my very first Integrated Training Summit, learning how to be effective as your Unit Coordinator and what all is entailed in keeping an MRC Unit “alive and well.” Unfortunately, the beautiful “Music City” suffered unprecedented flooding earlier this month and the Summit was postponed. We will now be in Las Vegas the first week of June, and I am excited that I will have another chance to receive this much needed training.

I am grateful for those members who have answered the calls that I put out to help at the Safety Fair in Coeur d’Alene, the Women’s Health Fair in Kellogg, and the Volunteer Fair at the Coeur d’Alene Library. I am also thankful for those who have volunteered to help with mailing and office work, since there is no way I could get the newsletter out by myself! If you’d like to help with occasional office projects in Hayden, please call or email to let me know. And sometimes I have short notice on requests for volunteers, so it is more timely to email requests. Please see inside to update your contact information for me.

I look forward to seeing many of our new members at the upcoming Orientations (please RSVP!) we have had more than 150 new members join since the Fall! Enjoy the warm weather and stay safe!

Judith Scarborough, 208-415-5185, jscarborough@phd1.idaho.gov

Training Needs

In looking over the files to see what trainings have been offered, it seems to have focused on First Aid, CPR, Personal Protective Equipment, Psychological First Aid, and Preparedness.

While training is not required for MRC membership, we will continue to offer relevant and requested training to our members who would like to increase their skill set and be better prepared to respond in an emergency. *And we certainly encourage all new members to attend Orientation.*

What I need to know is what kinds of training would get you out of the house and into a classroom, and is it better for you to attend during the day, or in the early evening hours? Orientation has typically been in the evening, and we’ll keep that schedule for now, but if many people would like a daytime Orientation, we can do that too.

Please write, call, or email me to discuss any training topics you may be interested in.

Contact information is in the red box below.

There are also many online classes that you are welcome to take at your convenience.

Try: www.IdahoPrepares.com or www.fema.gov

Please call me in the office if you have any questions about online training.

We may be asked to help staff a booth at the North Idaho Fair in August—so think if you’d like to help with that. More to come!

North Idaho MRC Contact Information

8500 Atlas Road

Hayden, ID 83835

208-415-5185

MRC@phd1.idaho.gov

The Long Awaited New Member Orientation and Trainings have Arrived!

While training is not required to be a Medical Reserve Corps member, you are encouraged to attend this meeting.

Do you know where to go if you are activated? Do you know what to take? Is your family prepared for you to volunteer? If you can't answer YES to each of these questions, please consider coming to Orientation.



Because I am new at this and not sure of what to expect for attendance, I am combining Boundary with Bonner Counties and Benewah with Shoshone Counties. If there is sufficient response, I will schedule separate meetings in Boundary and Shoshone Counties. These are scheduled in the evening, in hopes that those who have day jobs can attend. A summer supper of pizza, salad and dessert will be served at 5:30 pm; the orientation will begin at 6:00 pm and go no later than 8:00 pm. Here's the schedule:

Kootenai County @ Panhandle Health District, 8500 N. Atlas Road, Hayden
Thursday, July 8, 2010, 5:30 pm to 8:00 pm

Boundary & Bonner Counties: PHD Sandpoint Environmental Health Office , 322 Marion, Sandpoint
Tuesday, June 29, 2010, 5:30 pm to 8:00 pm

Benewah & Shoshone Counties: PHD St. Maries, 137 N. Eighth St., St. Maries
Thursday, July 1, 2010, 5:30 pm to 8:00 pm

PLEASE NOTE: Regardless of where you live, you are welcome to attend any session. **ALSO:** This invitation is not restricted to new members. If you've been a part of the MRC for a while and would like a refresher, or would like to connect with other members and meet the coordinators, you're welcome to attend.

But, really, I will need an RSVP!
(Look at your calendar & do it now!)

Of course, I want to make sure to have enough refreshments for everyone, but I also have training materials to prepare, and need to know how many will be at each meeting location.

To register for the New Member Orientations, please:

Call: 208-415-5185 and if I don't answer, leave your name and phone number and say WHICH location you will be attending.

Email: mrc@phd1.idaho.gov and tell me your name, phone number and WHICH location you will attend

Items we will talk about include:

- ~ Brief History of the MRC
- ~ What in the World is Volunteer Idaho?
- ~ An Introduction to Incident Command
- ~ Personal Preparedness & the MRC
- ~ What Will I Do? An Overview of Just In Time Training

Current Information is Requested

In the few months that I have been MRC Unit Coordinator, I have found that lots of our MRC member contact information is out of date or missing. This causes delays in you getting newsletters or notices of volunteer opportunities. I would like your help to get our list current, and to that end, request that you complete the form below and return it to me.

Information requested includes:

- **Current mailing address.** Each first class mailing costs over \$400. Correct addresses are help to avoid returned items. (Note: if you use a business or school address, you may not receive up-to-the minute information and emergency call-outs during summer.)
- **Phone numbers.** One of the activation methods to call up members is the phone. It is important that home phone numbers be provided, and cell numbers if you have them.
- **Participation level.** Participation levels were developed to respect the time commitment of each member, plus assist in the appropriate call-out of members events.
 - Active: Notified of all training, drills, exercises, and emergency and non-emergency events
 - Limited: Notified of all drills, exercises, and emergency events
 - Emergency Only: Notified of all local emergency events only
- **License verification.** In order that the MRC is ready to respond, we verify the credentials of all licensed medical personnel. To do this, we need your current, unexpired license number.

Is your personal information safe with the MRC?

Absolutely.

We do not share our member information with any organization. Our computer system within Panhandle Health District is secure. You can be assured that your home address, phone number, and email will only be used for MRC business.

**Please return completed form to:
Medical Reserve Corps
8500 N. Atlas Road
Hayden, ID 83835**

SUMMER 2010 INFORMATION UPDATE— Please Print! — Please Return!



Name _____

Address _____

Mailing Address (if different) _____

Home Phone _____ Cell Phone _____

Work Phone _____ Email _____

For IDAHO licensed medical personnel, please provide license # _____ License obtained _____
(MD, RN, LPN, RPH, DVM, MSW, etc.)

Criminal background checks may be required for some volunteers. Please check one:

☐.....Yes, I agree to a background check. My birth date is ____/____/____. ☐.....No, I do not wish to have a background check.

And Now, for the Big Questions:

Would you like to receive your newsletter by email?☐.....Yes ☐.....No

The newsletter would be in a PDF file format, and you will need to have Adobe Acrobat installed on your computer to open and view the newsletter. Adobe Acrobat is a free online program and is very easy to install. Go to www.adobe.com and select "Get Adobe Reader."

Sometimes I am asked to send MRC members to short service opportunities, such as helping at a local health fair. Would you like to hear of these by email: ☐ Yes ☐ No (If Yes, please be sure to provide your current email address.)

If I receive an email article that could be of interest to the MRC, would you like to receive it by email? ☐ Yes ☐ No

Thank you very much for taking the time to complete this form & send it back to me!!!

Please check your Preferred Participation Level

- ☐ Active
☐ Limited
☐ Emergency Only

See above for definition of each level.

Coming Up:
New & Old Member Meetings and Orientations
Kootenai County: Thursday, July 8
Boundary/Bonner Counties: Tuesday, June 29
Shoshone/Benewah Counties: Thursday, July 1
All will be from 5:30 to 8:00 pm
See inside for locations, details, & to RSVP



Panhandle Health District
Medical Reserve Corps of North Idaho
8500 North Atlas Road
Hayden, ID 83835



To our volunteers:



Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love. ~ Martin Luther King, Jr.



Thank you for having hearts full of grace and souls generated by love!



Have a safe & happy summer
and
Remember to come to Orientation!

Send all comments, questions, etc. to
jscarborough@phd1.idaho.gov or call 208-415-5185
Medical Reserve Corps of North Idaho